

Hey everyone. As President my concern is focused on an issue that I feel could better FCCLA members, their schools, and communities. I chose to concentrate on the body and to inform members on how to make healthy decisions about their diets and exercise routines. I have many goals that I feel would help better Tennessee's growing problem with youth obesity. I feel that since Tennessee FCCLA members are leaders then what better goal to accomplish this year than a healthier Tennessee. **Chelsea Robinson, President**

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Hey my name is **Travon Graves** and I'm your 08-09 **Secretary-Treasurer**. My concern is "Reflection/Image." Your image is determined by your actions and how others perceive your message. As youth we try so hard to impress our peers with tattoos, piercings and our baggy clothes, when those things are not things that matter in life. The things that we should be concerned about are our grades, are future, and being responsible and successful young adults.

Presenting yourself to others is a major concern we focus on as youth. Putting pounds of make up on does not make you beautiful, beauty is on the inside. Wearing your pants below the waist is not cool, it only make others judge your character. Teens have found a way with words, "slang" you may call it and we need to realize there is a right and wrong time to use slang. Let's say if I am going on a job interview I would not introduce myself in a manner of "waz up my name Travon and here for da interview," nor will I attend the interview with street clothes on. Simply because as soon as I introduce myself and as soon as the employer observes my attire I would be labeled as unprofessional, and probably

would not have been considered for that job. A first impression is a lasting impression. Your image will be with you for ever, so think about how you want people to remember you.

Attend my concern session at Fall Leadership Camp and learn:

- * How to dress (for different events)
- *How to present yourself
- * Dance Do's and don'ts
- *How to ask, accept or decline the request for a date

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SPIRIT - Express Yourself

Hi! My name is **Tia Crabtree** and I am serving as your 2008-2009 Tennessee FCCLA **Vice President**. As you may know, the state officers have chosen a topic for a concern workshop to be presented at various times this school year. You can even contact me about coming to your school and presenting my workshop. My workshop is entitled "SPIRIT - Express Yourself" and will deal with different ways of expressing yourself both verbally and nonverbally. Everyday we express ourselves through the clothes we choose, our communication techniques, and through written language. My workshop will discuss these topics and how to improve the use of them. I will incorporate music and hands on activities into my workshop to make it fun while also informational. For example, we will be discussing the importance of CTE and how to write letters to your administration, school board members, legislatures, and others expressing why it is a vital part of your education

and how it has benefited you. I look forward to working with you this year as you show your FCCLA SPIRIT and Express Yourself

Over the past year I have come to notice how big a problem bullying has become so I have chosen that as my concern for this year. Almost 30 % of youth in the United States (over 5.7 million) are estimated to be involved in bullying. These youth could be the actual bully or the target of bullying or even both. In a recent national survey of students in grades 6-10, 13% reported bullying others, while 11% reported being the victim, but another 6% percent that they were bullied and bullied others. Bullying is not always just to a male or female, but the way they are bullied usually depends on gender. Most males are physically bullied, while females are usually the target of sexual comments and rumors. Females are more likely to use subtle forms of bullying while males use forms of aggression. The risk factors for bullying are actually very different from what we grew up hearing. People always tell us that bullies have low self-esteem and try to act tough to hide it. But bullies tend to be confident with high self-esteem and are generally physically aggressive, with pro-violence attitudes, are typically hot-tempered, easily angered, and impulsive, with a low tolerance for frustration. Children and teens that come from homes where parents provide little emotional support for their children, fail to monitor their activities, or have little involvement in their lives, are more likely to engage in bullying behavior. Children and youth who are bullied are typically anxious, insecure, and cautious and suffer from low self-esteem, rarely defending themselves or

retaliating when confronted by students who bully them. They are often socially isolated and lack social skills. One study found that the most frequent reason cited by youth for persons being bullied is that they "didn't fit in." Males who are bullied tend to be physically weaker than their peers. Also there appears to be a strong relationship between bullying other students and experiencing later legal and criminal problems as an adult. 60% of those characterized as bullies in grades 6-9 had at least one criminal conviction by age 24. Bullying can lead the children and youth that are the target or bullying to feel tense, anxious, and afraid. It can affect their concentration in school, and can lead them to avoid going at all. I have chosen this because I have seen first hand the affects of bullying and want to make a difference.

-Samantha Sutherland Historian

Hey Tennessee FCCLA! This is your 2008-2009 **Tennessee Reporter, Jesica Skipper**, here to inform you of our very exciting upcoming camp. My concern this year is all about making responsible decisions. Not just decisions that will help you today in your schools, but smart decisions that will affect you for the rest of your life. There are many aspects to making a responsible decision. I will be focusing on four topics; going green, teen pregnancy, teenage alcohol and drug abuse, and safe teen driving. These are all a shuffle of choices in which we need to make responsible decisions on.

In my workshop you can expect to learn about our environment and how we can use our leadership skills to make a difference that will help save our Earth. You will hear some shocking facts about how teens deal with drugs and alcohol. We will also learn about the mind blowing, growing percentage

of teenage pregnancy and responsibilities of a baby. In my workshop we will play games and learn through fun ways. I am very excited and hope you will join me in my workshop! Hope to see you at camp!